

Let's Talk!

Join our Nutrition Group (Class)

Eating Healthy For Two

Someone wonderful is growing inside you and you want to provide the best for your baby!

Start by knowing how to:

- Eat healthy during your pregnancy
- Know the importance of good weight gain.

And other issues moms-to-be want to know.



Giving Your Baby the Best Start

Breastfeeding is the normal way to feed your baby.

How do you plan to feed your baby after you give birth?

Find out more information about ways to:

- Start a feeding, signs that your baby is hungry or full.
- How to make more breastmilk

And get tips on how to deal with breastfeeding challenges, what to expect on your first days, when and where to get breastfeeding support.



To join ask WIC staff or call WIC clinics:



Dededo : (671) 635-7471/ 7472

Tiyan: (671) 475-0295 /0296

Santa Rita: (671) 565-3537

Inarajan: (671) 828-7550

See you there!

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Breastfeeding Joys & Issues

Your baby is a bundle of joy!

Hear from other moms about:

- Ideas on ways to know if your baby is getting enough breastmilk.
- When your baby is hungry or full?

Join this group to learn feeding cues, proper ways to pump and store breastmilk and discuss other common breastfeeding issues.



Being A New Mom

Hello Mommy!

Learn:

- How to take care of yourself and manage the change in your life as a result of having a baby.
- The benefits of eating healthy after you deliver, getting back in shape, where to get support and help to cope with stress.



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Taking the First Bite (0-5 months)

Congratulations on your new baby!



- Share with other moms how your baby has been growing through breastfeeding or formula-feeding.
- Safety and health are also important, so you'll learn proper preparation tips when making infant formula, correct sanitation procedures for bottles/ nipples/ bottle covers, proper storage of breast milk or formula.
- Good oral hygiene.

Other topics include:

- ways to know if your baby is ready to start eating solid foods, when to start, what foods to offer first.
- how to introduce solid foods.



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Big Bites for Little Tykes (6-12 months)



Look I can do more!



Learn the signs :

- When your baby start eating healthy foods
- Drink from a cup
- Start finger foods.

Also get tips from other moms on how to get your baby off the bottle.

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See you there!

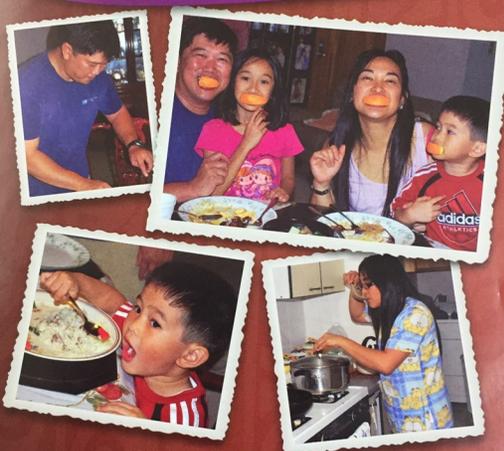


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Healthy Meals for Your Family

Family Time
is Special Time



What
Memories
will your child
Cherish Forever?

Happy mealtimes make healthy kids!

Learn:

- The important roles that parents and children play during mealtimes.
- Understand what foods to choose.
- How to prepare healthy meals for your children.
- Identify the eating skills / abilities your children have.

Also explore the importance of food safety, proper food storage, and proper sanitation methods to keep you and your family safe from food borne illness.

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4 STEPS TO FOOD SAFETY



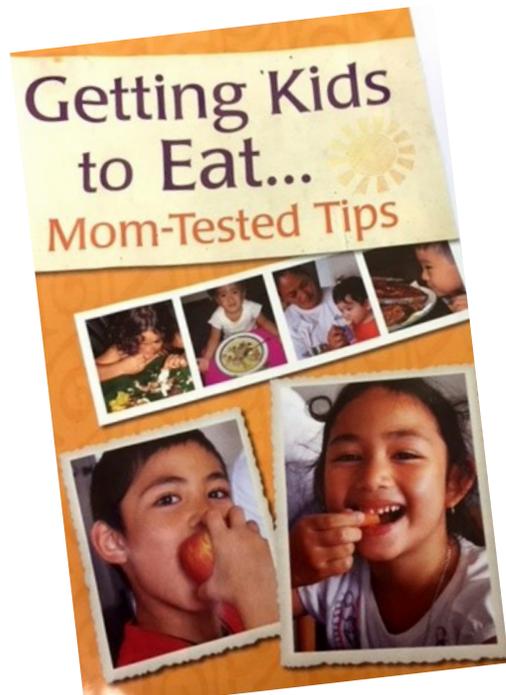
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Food Learning Activities for Children / Fun with WIC



Increase your children's knowledge about different foods!

Learn:

- Fun ways to encourage good eating habits, feeding tips from moms.
- Have fun with WIC by participating in cooking demonstrations, food tasting using WIC foods, scientific experiments, and contests.
- Get ideas about how to get your children to be physically active for a healthy lifestyle.



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